

Variable	Mean	SD	Minimum	Maximum
Age	34.5	10.5	18	65
Gender	50%	50%	Male	Female
Marital status	75%	25%	Married	Single
Education	12.5	2.5	9	16
Income	15.5	3.5	10	25
Occupation	15.5	3.5	10	25
Religion	75%	25%	Christian	Muslim
Health status	75%	25%	Good	Poor
Smoking status	75%	25%	Smoker	Non-smoker
Alcohol consumption	75%	25%	Drinker	Non-drinker
Exercise frequency	75%	25%	Regular	Irregular
Stress level	75%	25%	Low	High
Sleep quality	75%	25%	Good	Poor
Dietary habits	75%	25%	Healthy	Unhealthy
Family size	3.5	1.5	1	6
Work hours	40	10	30	50
Commuting time	30	15	15	45
Work satisfaction	75%	25%	Satisfied	Dissatisfied
Work-life balance	75%	25%	Good	Poor
Job security	75%	25%	Secure	Insecure
Work environment	75%	25%	Good	Poor
Supervisor support	75%	25%	High	Low
Peer support	75%	25%	High	Low
Organizational support	75%	25%	High	Low
Workload	75%	25%	Low	High
Time pressure	75%	25%	Low	High
Role conflict	75%	25%	Low	High
Role ambiguity	75%	25%	Low	High
Resource availability	75%	25%	High	Low
Training opportunities	75%	25%	High	Low
Career development	75%	25%	High	Low
Job satisfaction	75%	25%	Satisfied	Dissatisfied
Organizational commitment	75%	25%	High	Low
Turnover intention	75%	25%	Low	High
Job performance	75%	25%	High	Low
Organizational citizenship behavior	75%	25%	High	Low
Work engagement	75%	25%	High	Low
Psychological well-being	75%	25%	High	Low
Life satisfaction	75%	25%	High	Low
Overall health	75%	25%	Good	Poor
Quality of life	75%	25%	High	Low
Work-life balance	75%	25%	Good	Poor
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